

UG & PG Community Engagement Wellbeing

Philip Sale

Community Engagement Coordinator (Undegraduate and Teaching)

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Community Engagement Coordinator (Postgraduate)

Mercian Collaboration 19.04.18

Library Mission Statement

Connecting you with information, support
and your community.

- Library as focal point
- High student footfall
- Engagement with various communities (UG,PG & Teaching)
- Academic services collaborate to enhance academic, employability & resilience skills
- Pressure points in UG lifecycle; examinations, submission deadlines, start of term
- Study Happy focused on resilience. Happy & healthy students = successful students



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UG Community Engagement Team

Engage our Communities

"Creating the conditions for our students to succeed"

Library is at the Centre of University Life

Nearly 15,000 students studying at UG level

Support the "whole student" to succeed

Pastoral care as well as academic support

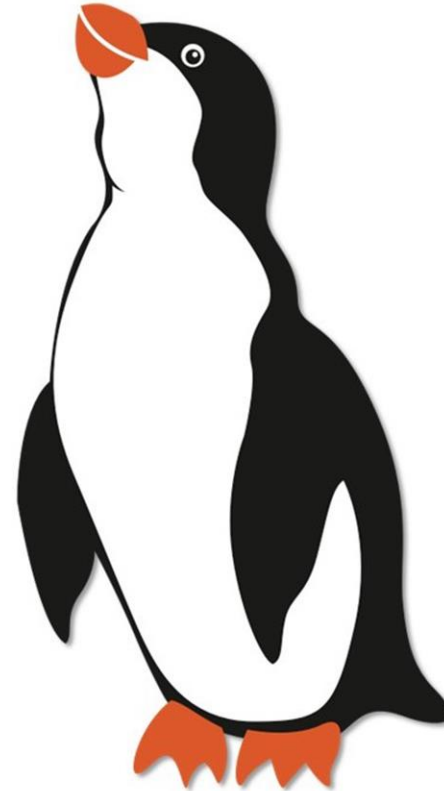
Enhance the Student Experience

"...through a variety of community interventions"

Study Happy



Study Happy



- We deliver initiatives and activities to help foster a sense of identity amongst UG community members and focus on student wellbeing
- We encourage students to take a break from their study with our services are delivered both virtually & physically

Five Ways to Wellbeing



Collaborators

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Academic Support Librarians



Centre for Lifelong Learning



Events and Initiatives

Kirby Corner (numerous collaborators)

Library Language Exchange (Peer support)

Mindfulness (Centre for Lifelong Learning)

Creative Chillout (Creative Learning – Warwick Arts Centre)

PAT Dogs (Pets As Therapy)

Resilience Skills Drop-in (wellbeing outreach)

Ukulele (Warwick Music centre)

Deskercise (Warwick Sport)


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Peer Support



"This week we're talking about the importance of self-care and sharing tips for relaxing, especially in Term 3"



#KirbyCorner

Wellbeing & Self-care in Term 3

Join us for coffee and biscuits and share your tips for staying well during exam period

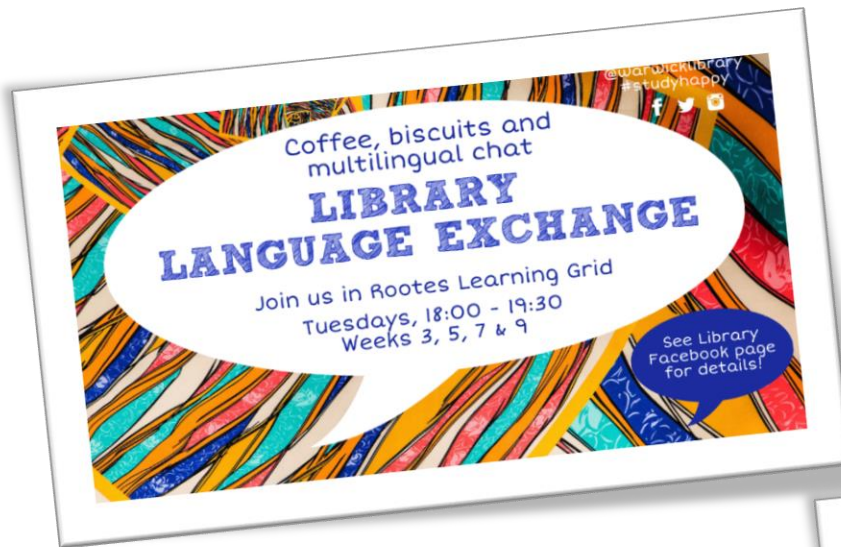
Tuesday Week 1, 2:45 - 4:15 pm
Rootes Learning Grid

f t i @warwicklibrary #studvhappy

"Take a break and join us for coffee, biscuits and chat!"







"Share the languages you speak below to buddy up".

"Meet new friends over coffee & biscuits and practice your conversational language skills!"



otashi no namae wa

Mindful Library

Did you know that regular mindfulness practice can help

- accept how you are feeling 'here and now'
- manage stress be calmer
- develop resilience

Mindful Library offers a range of online resources for incorporating mindfulness in your everyday activities.

warwick.ac.uk/mindful-library

“Mindfulness develops resilience, it develops your skills for managing the various stresses in life”

“Mindfulness aims to help you focus on the present, allowing you to navigate all the thoughts competing for your attention”.

Mindfulness

© Warwick Library

Guided exercises to help you relax and improve your concentration.

Wednesdays term time, 1 - 2 pm
Seminar Room, Library Floor 2

@warwicklibrary #studyhappy



All students welcome!





The Mindful Library (17/18)

[Dashboard](#) > [Courses](#) > [Services](#) > [Library](#) > [2017/18](#) > [Mindful Library-17/18](#)

The Mindful Library

Whether you are just curious about mindfulness, attend the weekly library mindfulness sessions or are involved in any of the many mindfulness courses at the university, the Mindful Library is here to support you with further information and resources.

What is mindfulness?



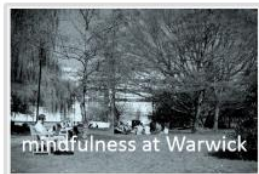
what is mindfulness?

Guided practices



guided practices

Mindfulness at Warwick



mindfulness at Warwick

Videos about mindfulness



videos about mindfulness

Books about mindfulness



books about mindfulness

Mindfulness apps



mindfulness apps

Mindful breathing



mindful breathing

Mindful movement



mindful movement

Mindful eating

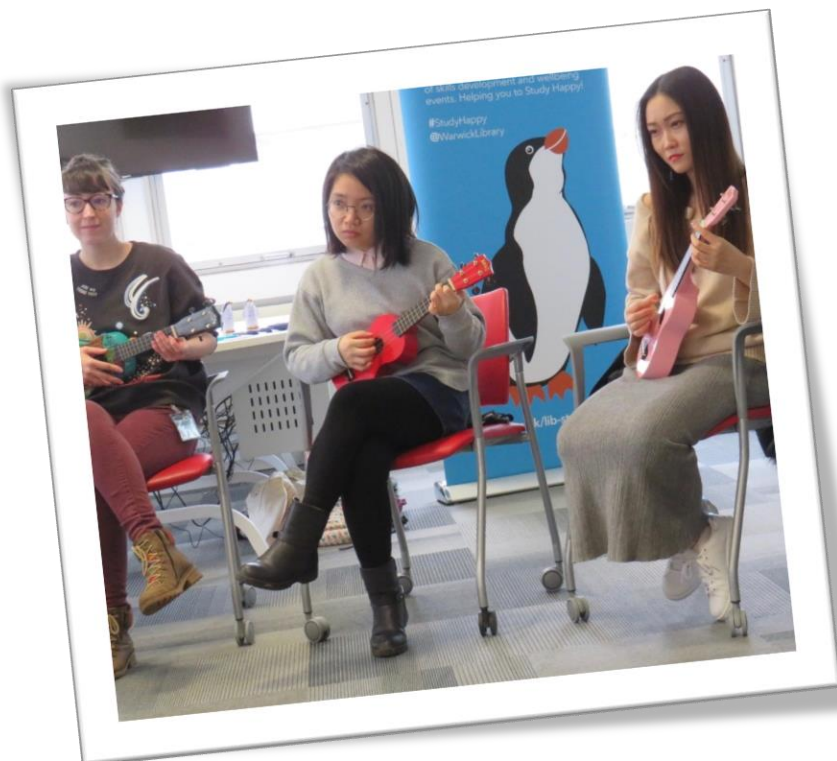


mindful eating



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Learn to play the ukulele!

Thursday 8 February

1:30-2:30pm

Training Room, Library Floor 2

Register at warwick.ac.uk/studyhappy17-18



#studyhappy @warwicklibrary



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Please make this
weekly!!
~~daily~~ hourly!

I love it!
Thank you!

maybe one of the
best ideas this
uni has had.
I feel relaxed +
happy.

The best thing
during this
week ♡
They are all SO
CUTE!



Amazing!
Feel so much better!

Best
Stress-
relief
ever

Cured my depression

Thank you, came in
really down and
feel so much
better

Other Interventions

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Once Upon a Time in the Library...

1 March 2018, Library Floor 2

University Mental Health & World Book Day

Fairy Tale Inspired Crafts & Games
3-6 pm, Seminar Room
(Wellbeing Quiet Hour 2-3 pm)

WORKSHOPS

Stretch Against Stress: Relaxing Yoga
11:45-12:30, Collaboration Area, Teaching

If the Little Mermaid Had Found Her Voice
Assertiveness-Building Workshop
1-2 pm, Collaboration Area, Teaching

Unexpected Plot Twists: Resilience Storytelling
2-5 pm, Training Room

and for more details visit studynhappy17

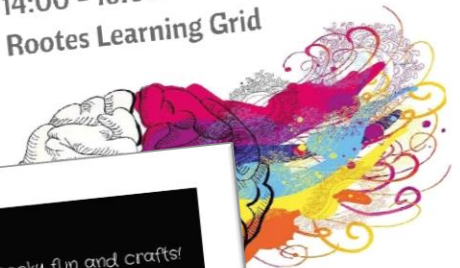
Ever thought about how
your senses impact your studies?

Sensory Refresh

Thursday 23rd November 2017

14:00 - 16:00

Rootes Learning Grid



what we have to offer

Festive fun, pass it on!

Crackers, board games, wellbeing tips and season's greetings
Let's spread the holiday cheer in the Library!

Wednesday 20th Dec, 1 - 3 pm
Library Floor 1 & Seminar Room

Join us for some spooky fun and crafts!

HALLOWEEN celebration

31st October, 4 - 6 pm
Seminar Room, Library, floor 2

f t i
@warwicklib
studynhappy



In Summary...

- Collaborators are key to the successful delivery of Study Happy programme
- Promotion and marketing are essential for raising awareness on campus
- 'Student engagement' takes many forms
- Warwick Welcome Week provides the opportunity for new interventions
- Challenge for the future is 'outreach' and increasing departmental/faculty engagement





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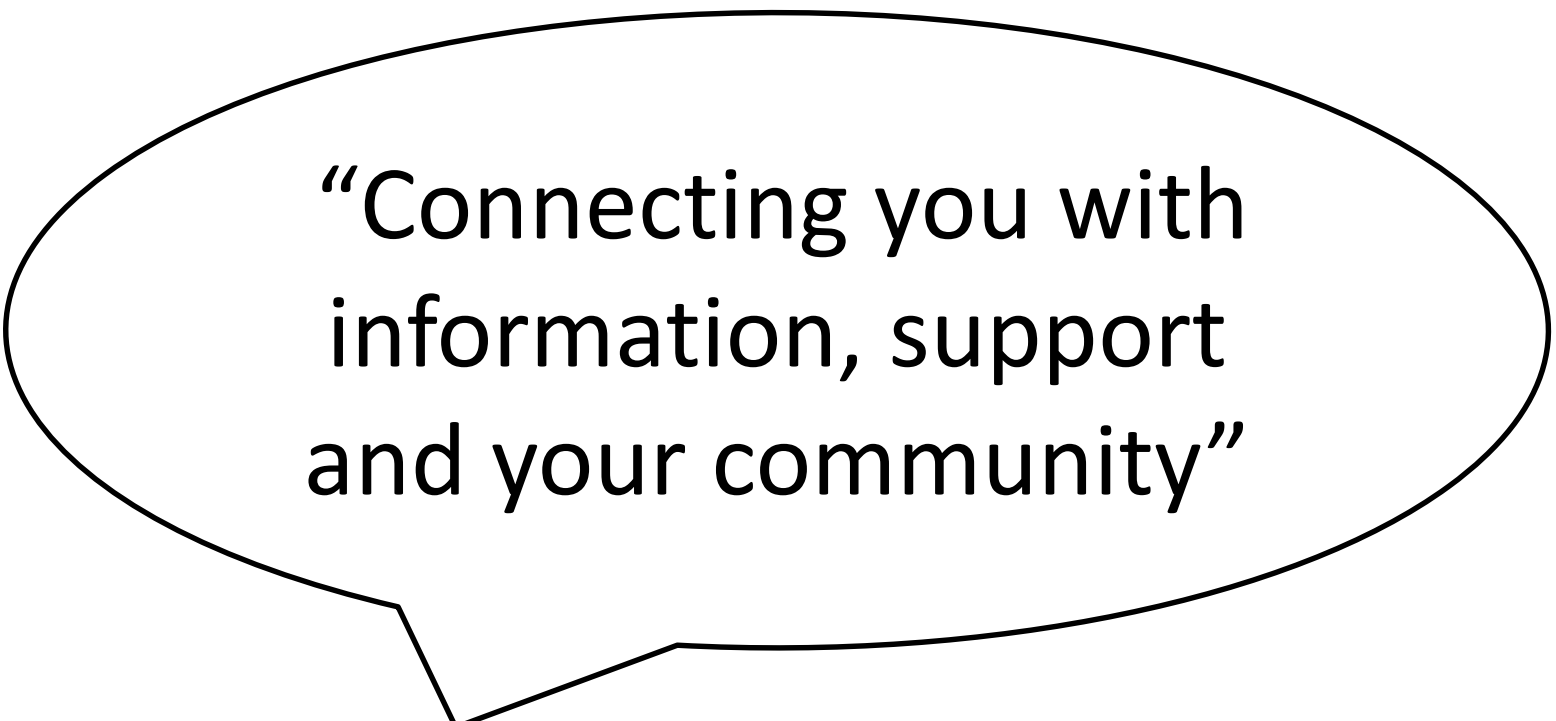
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Wider Context of Community Engagement

- Goal 4 – Engaging Our Communities



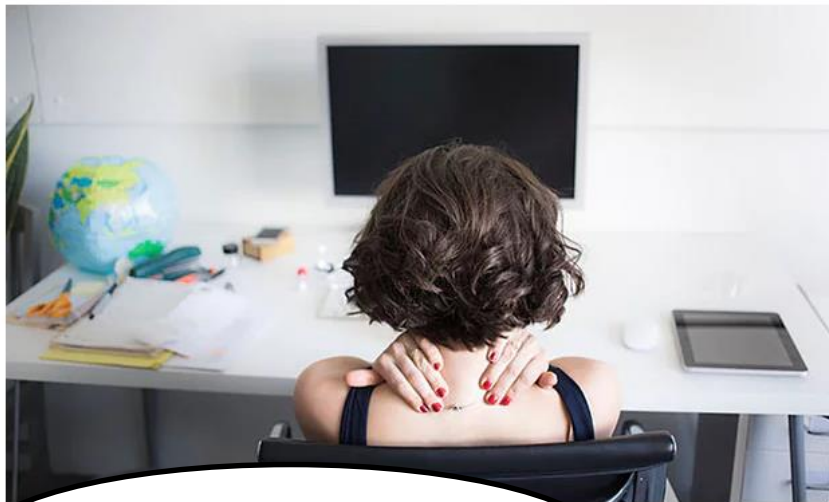
“Connecting you with
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and your community”

Pressures on PG students

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Help! I'm a postgrad: how to combat the stress of doing a master's

Deadlines are looming, you're broke and student parties are a distant memory. Being a postgrad is tough at times, but you don't have to suffer in silence



The Guardian

THE WORLD
HIGHER UNIVERSITY
EDUCATION RANKINGS

PROFESSIONAL JOBS SUMMITS RANKINGS STU

How to deal with PhD stress: new film offers some tips

The latest video in a series of short self-help programmes takes a sympathetic look at mental health issues

March 19, 2015



THE WORLD
HIGHER UNIVERSITY
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PhD students: how to support them through illness and stress

Supervisors explain how to help students keep their research on track



Research Refresh

- Every Thursday morning
- Initially small numbers but with consistency we now regularly get 30-40
- All researchers at Warwick are welcome
- **Continues throughout vacation!**



How does it support wellbeing?

It's good to have
an organised
break time rather than
just spontaneous.

R.
It reminds us that
we are humans
(and the university
treats/considers us as such).

Postgraduate Community
I meet people from outside
my research group with
no pressure to talk about
our work

@WarwickPGHub

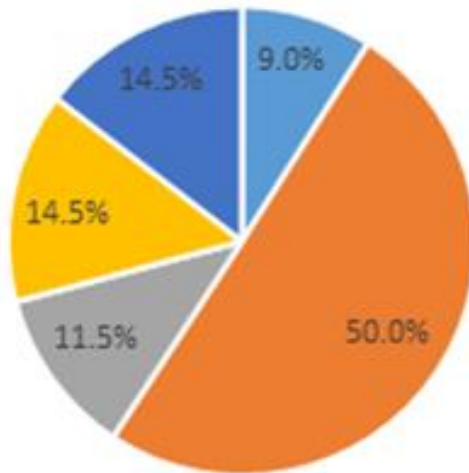
@ResearchEx



Postgrad Mentorship Online Platform

- Offer advice and guidance on a number of topics

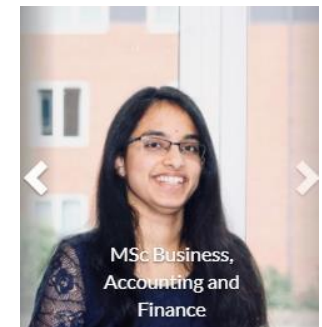
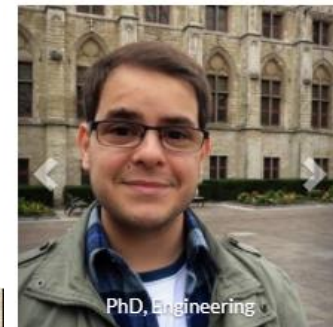
Public question topics - PG Mentorship



■ Social ■ Academic ■ Careers ■ Wellbeing ■ Skills



Mentors



Postgrad Mentorship Online Platform

Lonely holiday?

Hi everyone I was just thinking about PG's who might be staying on campus or in accommodation over the holiday/ end of term break. I think it can be a lonely time if friends and peers go home or away for a few weeks. What can people do to keep sane? To avoid the Winter blues and keep socialising?

1 answer | 2 votes

How to apply to uncommon companies/jobs

1



vote

How does one go about apply and searching for jobs that do not advertise through the usual graduate programs, online or through career fairs at Warwick?

job

careers

Same mentors but face to face at...

PG Tips

@WarwickPGHub

Join us on Tuesday afternoons
for a chat and to share tips with
other postgrads over a coffee

Tuesdays 3-4pm in the PG Hub Relaxation Room

What do students ask about?...

Dealing with the
stress of deadlines

Finding productive
ways to enjoy free
time

Finding the best
communication
approach with
your supervisor

Finding job
opportunities after
MSc

How to find
potential
collaborators for
projects

Essay &
Dissertation
Support

Postgrad Realities

A set of online modules providing you with the tools you'll need to tackle the twists and turns of your PhD journey and help you reach your finish line.

Module A: Perspectives



Module B: Great Expectations



Module C: True You



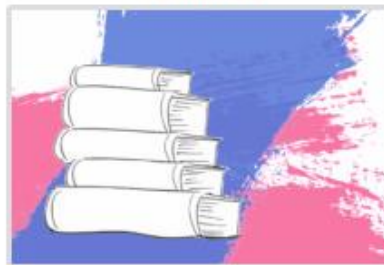
Module D: The Paradigm Shift



Module E: Feeling Good



Resources



Feedback

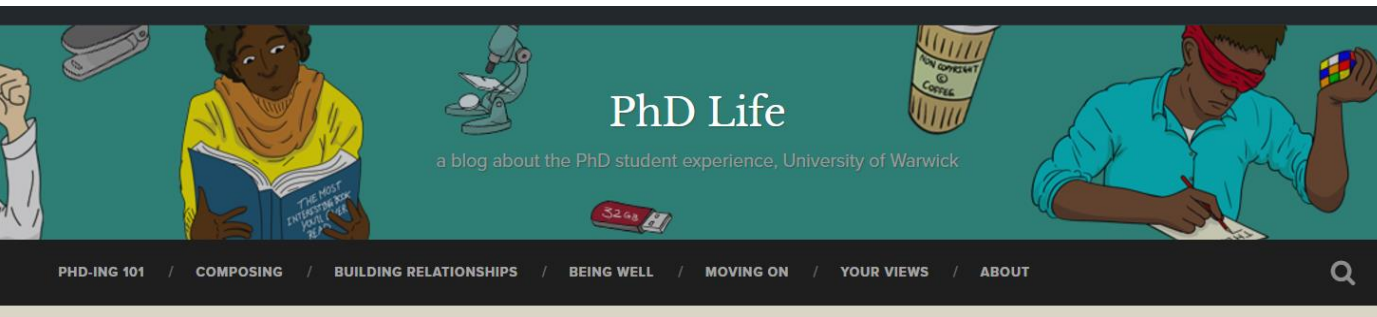


- Available to all PGs at Warwick
- Set up in conjunction with University Wellbeing Team
- Accessible to distance and Part time learners

What do the modules cover?

- Tackling the challenges and obstacles of that you are likely to face along the PhD journey.
- Building relationships with peers and supervisors
- Managing procrastination and maintaining momentum
- Dealing with culture shock, expectations and perfectionism
- Overcome negative feelings such as self-doubt and anxiety



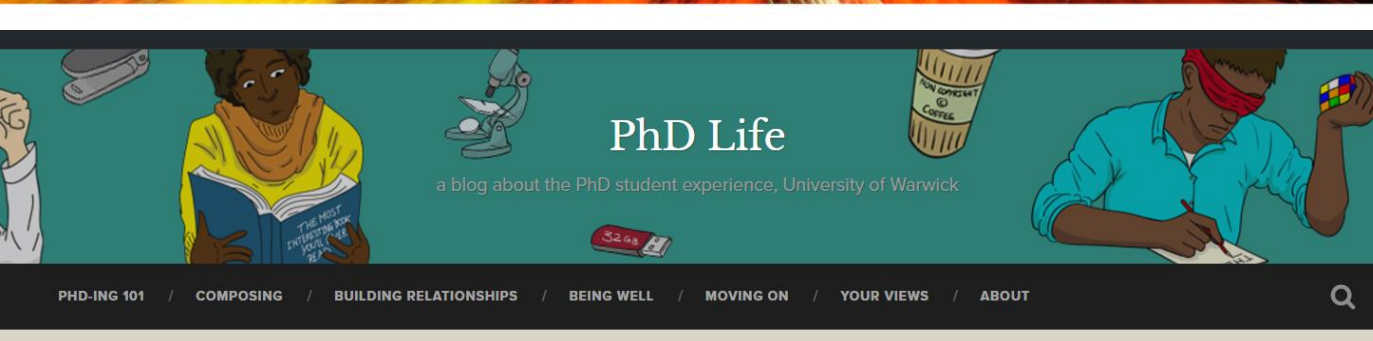


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Settling In as an International PhD Student

“P” is for PhD... and Parenting





Readership beyond Warwick...

“Hi, ...I recently joined the University of Warwick as a PhD student ... I had been following the blogs posted at Wolfson Research Exchange before joining the programme for most of 2017. It was an interesting page to follow to give me insights of what a PhD at Warwick would be like and what to expect... There is a lot of advice which is valuable.”

Cultural Events...

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"I had loads of fun and ...I didn't feel homesick for not being able to go back and celebrate Kaamatan in my home town because I celebrated it here in Warwick ...It was really a memorable experience".



On Track for PGs

- Supporting PG students at a point in time when they might have heightened stress
- Academic as well as non academic sessions
- Focus on Peer delivery



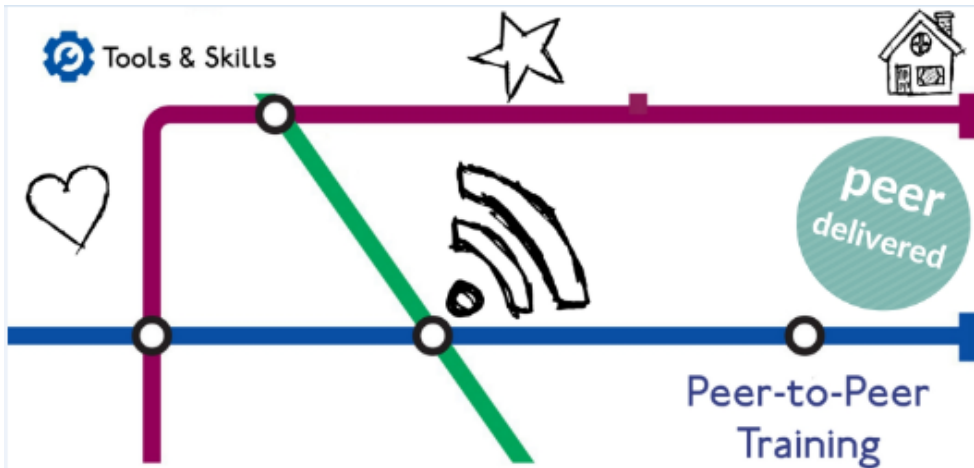
Peer Delivery



"How I learnt to manage my time
as a postgraduate student - and
how you can too"

Struggling to find time for everything? This workshop will share tips and practical strategies to successfully balance your postgraduate study and personal life, from the perspective of a fellow postgraduate student who learned to balance a PhD with looking after a family.

Peer Delivery



Introduction to Doodle-Reading

Do you like doodling? Do you scribble on your
notebooks during lectures?



This workshop will make you rethink the role of
doodling in 'serious' studying, understand how it
helps process information, and explore more
possibilities of doodle-reading!



Collaboration Between Teams...

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Final Week
before Xmas

